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3 THINGS YOU NEED TO KNOW

TELEGRAPH: GOOGLE FACES RECORD 3 BILLION EURO ANTITRUST FINE

I Google faces a record antitrust fine of around 3 billion euros (\$3.4 billion) from the European Commission in the coming weeks, British newspaper The Sunday Telegraph said. The European Union has accused Google of promoting its shopping service in Internet searches at the expense of rival services in a case that has dragged on since late 2010. Several people familiar with the matter told Reuters last month they believed that after three failed attempts at a compromise in the past six years Google now had no plans to try to settle the allegations unless the EU watchdog changed its stance.

REUTERS



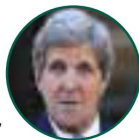
ISLAMIC STATE ATTACKS GAS PLANT NORTH OF BAGHDAD, KILLING 11

2 An Islamic State attack on a state-run gas plant in Baghdad's northern outskirts on Sunday killed at least 11 people, including policemen, and forced two power stations it supplied to suspend electricity production. A suicide car bomb went off at the entrance of the facility in Taji, allowing another vehicle carrying at least six attackers with explosive vests to enter and clash with security forces, police sources said. Twenty-one people were also wounded. The militant group said in an online statement that four fighters with machine guns had killed the guards at the plant which it said the Iraqi army was using as a headquarters. When reinforcements arrived, they set off a parked car bomb before clashing with the security forces and detonating their suicide vests. **REUTERS**

KERRY MEETS SAUDI KING TO DISCUSS SYRIA BEFORE VIENNA TALKS

3 Secretary of State John Kerry met Saudi Arabia's King Salman in Jeddah on Sunday to discuss the fragile truce in Syria, before broader talks with Russia, Iran and other countries in Vienna on Tuesday. Kerry has said he hopes to strengthen a "cessation of hostilities" agreement between Syrian government forces and rebels, which has been undermined by fighting in some areas, and to increase humanitarian aid deliveries to besieged areas. On Friday, he said the meetings with the king and the Saudi interior and defense ministers — the two most senior princes — would try "to make sure that we can get this cessation better footed and, frankly, better observed and implemented throughout the country."

REUTERS



YOUTUBE

BACK FROM THE WEATHER DEAD ... WITH APOLOGIES

On Dec. 23, 2011, I faded to black.

It's a television term that means basically an ending of a show, or, in my case, the ending of one's television career. Fox 29 and I parted ways on that day as I rode off into weather oblivion, never to be seen again on local television news.

It was painful and scary, as I was transported into an unknown abyss. It was a pure free-fall with no parachute, no ripcord, just a fall straight down from what at one time was the very highest of meteorological mountains.

I had achieved my childhood dream, after having set the bar very high by aspiring to one day become the meteorologist on CBS2 in New York on the 6 p.m. and 11 p.m. newscasts.

I lived the dream

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JOHN BOLARIS
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and more. I considered myself very blessed and fortunate, this kid who came from nothing, bad neighborhood, no money, just a dream.

The executive who helped pave my way to New York also led me back to Fox television in Philadelphia. His name is Dennis Swanson, the president of station operations for Fox television station groups.

When my career unceremoniously ended, I felt not only had I let myself down, I had let down my daughter, my newsroom, respected colleagues, fans (I had a few), but especially

Dennis for failing as a trusted newsroom leader.

For this I apologize, as I have nobody to blame but myself. Sometimes you just need to listen and keep your mouth shut. I failed miserably at that.

Fox, NBC and CBS all gave this kid an opportunity of a lifetime to live out my dream and for this I will always be grateful and now humbled.

You might be wondering why I'm bringing all this up now. Well, this past week I filled in on an upstart TV news station located in New Jersey called SNJ Today News. It opened up a flood of memories, as it sent me back in time when I was simply ecstatic just to be in a newsroom. It took me back to my roots. It reminded me just how much I

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Tuesday: Cloudy. High 65

Wednesday: Showers south. High 65

Thursday: Sun returns. High 73

Friday: Great finish, sunshine. High 75

Saturday: Sun and clouds. High 75

Sunday: Sun and clouds. High 72

miss it.

Sometimes I wish I was that kid from Long Island who had this dream. ... Those were the best days of my life.

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NY Times: Trump has a history of questionable behavior with women

The Times interviewed more than 50 women about their experiences with the real estate magnate.

Interviews with dozens of women who have worked for Donald Trump or interacted with him socially reveal a pattern of often unsettling personal behavior by the Republican presidential candidate, The New York Times reported on Saturday.

The Times, which said it based the article on more than 50 interviews, quoted women who recounted episodes in which he treated women as sexual objects and made comments about their bodies. But some women said Trump had encouraged them in their careers and promoted them within his businesses, often in positions in which women tended to be excluded.

When asked about the unflattering incidents described in the article, Trump either denied that they took place or disputed the details,



Donald Trump has said some misogynistic things on the campaign trail, but has also given women job opportunities within his business. GETTY IMAGES

the newspaper said.

"A lot of things get made up over the years," Trump told the Times. "I have always treated women with great respect."

A Trump representative did not immediately respond to a request by Reuters for comment.

Barbara Res, who oversaw construction of Trump's Manhattan business headquarters, said he would sometimes interrupt meet-

ings with comments about women's figures.

During a job interview for a Los Angeles project, for example, Trump made a random aside about Southern California women. "They take care of their asses," Res recalled Trump saying.

Years later, when Res says she had gained weight, she said Trump told her: "You like your candy."

Even so, Res, who

worked for Trump for 12 years before quitting and then came back as a consultant for six more, said she was grateful to Trump for her professional opportunities, though she said he frequently called her "Honey Bunch," the Times reported.

Trump also earned a reputation for being seen with beautiful women dating back to his days at a New York military-style boarding school where

he was named "ladies' man" in the yearbook, the Times reported.

Barbara Fife, a deputy New York mayor in the 1990s, recalls Trump telling her at her City Hall office that he was in a hurry because he had "a great date tonight with a model for Victoria's Secret," she told the Times.

"I saw it as immature, quite honestly," Fife was quoted as saying.

As a candidate, Trump has made frequent ref-

erences to his record in business as evidence of how American women would benefit if he is elected. He has often said that no one "cherishes" or "respects" women more than him.

Some of those interviewed praised Trump for giving women positions of power.

"I think there are mischaracterizations about him," Jill Martin, assistant counsel at the Trump Organization, told the Times. "For me, he's made it a situation where I can really excel at my job and still devote the time necessary for my family."

The story comes less than two weeks after the last of Trump's Republican rivals dropped out, all but assuring him the party's presidential nomination this summer.

Throughout his improbable campaign, Trump has managed to deflect criticism about his attitude to women, fueled by verbal insults he lobbed at Fox News anchor Megyn Kelly and former Republican candidate Carly Fiorina.

REUTERS

NYC economy shows signs of slowdown despite record-setting employment

New York City's financial indicators show that the city's economy may be cooling despite a record number of employed citizens and a growth in private-sector payroll jobs.

City Comptroller Scott Stringer released his quarterly economic update, which reviewed a range of data to illustrate the state of the local economy, and it revealed that the beginning of 2016 brought mixed results.

"The city's job market was a bright spot in the first few months of 2016 as more New Yorkers joined the workforce,

but there are signs of a slowdown on the horizon," Stringer was quoted in a statement.

Specifically, a record-setting 4 million New Yorkers are employed, an increase of 21,200 people during the first quarter, the report stated. That gain shows that the city's economy was growing at 3.4 percent, far above the national economy's growth of 0.5 percent during the same time.

The negative side of such growth, though, was that nearly half of those new jobs were in low-wage industries, where real wages have



A construction worker on the job in New York City, which has set a new employment record. GETTY IMAGES

decreased 3.2 percent between 2009 and 2014, according to the comptroller's report.

"Too many of the

jobs we're gaining are in low-wage industries," Stringer stated. "When New Yorkers work full time and still can't af-

ford a decent living, it undermines our entire economy."

The economic update analyzed other data

from the first quarter of 2016 that showed trouble could be on the horizon for the city's economy, according to Stringer. Venture capital investment in the New York area fell 6.2 percent, personal income fell 0.3 percent and new commercial leasing activity in Manhattan fell 6 percent.

"A strong city economy and job gains are always welcome news, but stagnant wages, a potential cool-off in the commercial real estate market and slowing venture capital investment are causes for concern," Stringer said. JASON NUCKOLLS



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Brooklyn students get surprise performance by X Ambassadors, \$42K donation of instruments

Students at Brooklyn's Frederick Douglas Academy VIII received a surprise of a lifetime last week

StubHub and The Mr. Holland's Opus Foundation came together on Friday to reveal to a roomful of hundreds of middle schoolers a donation of \$42,000 worth of musical instruments.

The donation was part of StubHub's commitment — announced last year — of giving \$1 million of instruments into public school music education programs across the country as part of its Next Stage Social Good program. Friday's donation marked the company's final contribution to achieve the final goal.

In total, the program has donated a total of 817 instruments to over 4,000 students — Frederick Douglas Academy VIII received a total of 52



Frederick Douglas Academy VIII received a donation of 52 musical instruments worth \$42,000. BESS ADLER

instruments.

"We work really hard and I'm starting to see that it really pays off, that other people actually care about what we do," said Alexis Sanon, 12, a seventh-grader at the middle school. "It was really cool, I was shocked. Knowing that they did this for us is really important."

To add to the surprise, the students were also treated to a performance

by the group X Ambassadors — known for their platinum-selling hit "Renegades."

"Seeing that the band would come here actually makes us feel important because they're on a world tour, so them coming to our school is kind of special," said seventh-grader Ceana Adams, who is also part of the school's string ensemble.

The surprise reveal

took place during what students thought was a special assembly.

According to the school's principal, Chantal Grandchamps, Frederick Douglas Academy VIII has had to deal with some major budget cuts, and although it has been tough, she said she makes sure the arts department is the last that is affected.

Through help from outside grants and now

the major donation of instruments, the goal is to continue allowing the students to thrive and grow.

"They've taken on so many challenges now that they would sometimes not want to take," Grandchamps said. "They've conquered their fears and they are growing as young men and ladies through the music program."

The music program first began at the school with a "handful of instruments and two handfuls of students," but has since grown to include more than 80 children. Before Friday's donation, students had to share instruments.

Now, because of the extra instruments, students will be able to each have their own instrument and take them home seven days a week. Jamaal Jones, the

school's music teacher, said that seeing the instruments up on the stage was overwhelming and students are constantly going up to him and thanking him.

"This has been a long time coming, not only preparing for this but in the three years I've been here and seeing it grow," Jones said. "This is kind of like a milestone, that express train trying to get to that one stop. Just seeing it is overwhelming."

For the X Ambassadors, playing in front of the middle schoolers was a special moment because they too started their love for music in school.

"The first time either of us ever played music in front of anyone was in school through our musical education program," said lead singer Sam Harris. "This is where you are going to discover that joy and passion." *ANGY ALTAMIRANO*



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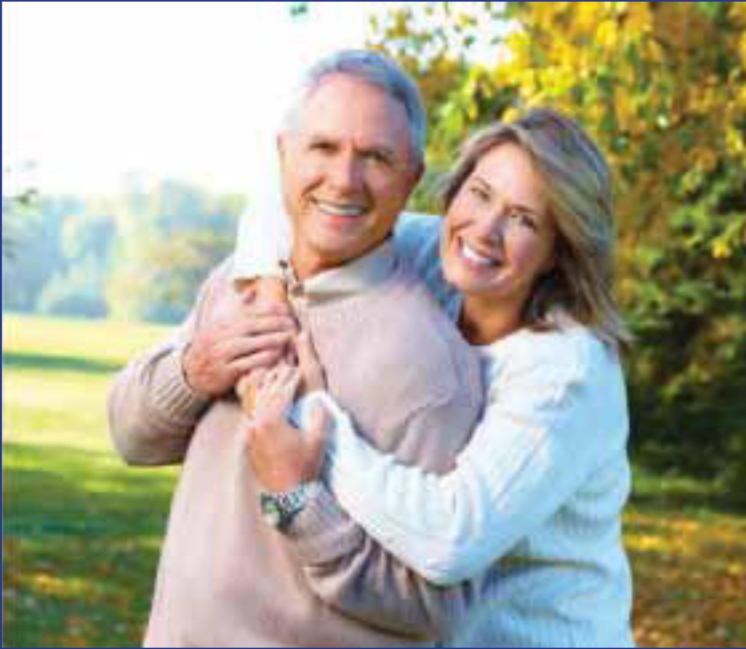
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New York City women are getting a helping hand in closing the gender wage gap. GETTY IMAGES

Startup giving women chance to close the gender wage gap

A recent report that men in New York City earn nearly \$6 billion a year more than women has prompted one company to offer top female leaders the tools to close that gender wage gap.

Everwise is a San Francisco- and New York

City-based company that launched in 2013 with the mission to help professionals meet goals through matching them with mentors, peer groups and resources that meet their needs.

Using the same concept, Everwise this

week launched Everwise-Women in the Big Apple — months after successfully launching in San Francisco — that narrows the services down to women midway through their careers.

Last month, New York City Public Advocate Letitia James released a policy report that looked into the issue of gender wage gaps across the city. The report found that men in the city make a total of about \$5.8 billion more than their female counterparts each year.

"You don't have to dig very far to see that the gender imbalance at the top of many organizations is appalling," said Mike Bergelson, CEO and a co-founder of Everwise. "It doesn't take much effort to see that there is a massive problem."

Through the newly-launched program — which is designed to be "the ultimate experience for emerging women leaders" — companies recommend employees to participate and Everwise puts together groups of about 30 to 50 women

who are on track to reach higher levels in their organizations.

Along with attending workshops and classes with the larger group of women, they are also separated into peer groups and are then matched with mentors who work with them on development goals and share similar experiences.

"The more diversity there is, the more innovation," Bergelson said. "There is a direct correlation between innovation and creativity."

For Julia Cline, an EverwiseWomen participant from San Francisco and director of product management at Rubicon Labs Inc., being a part of the program has helped her build confidence and relationships she plans to hold onto even after the program ends later this year.

"It's not a one-size-fits-all program, it's really what I want to do to develop, how I want to add value to my organization," Cline said. "The program gives you confidence." **ANGY ALTAMIRANO**

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BRIEFS

Police: Man charged with stabbing ex-wife's girlfriend

A man has been arrested and charged with murder after allegedly stabbing his ex-wife's girlfriend at her home in Brooklyn.

Police say 35-year-old Alwasi Tyson stabbed 22-year-old Toni Cox several times in the body. According to ABC7, Tyson was angry she was dating his ex-wife.

When police arrived, they found Cox inside her Lefferts Gardens apartment with multiple stab wounds to her torso. EMS transported the victim to Kings County Hospital, where she was pronounced dead.

Tyson faces several charges including murder and weapons possession.

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Netanyahu tells France's Ayrault he still opposes peace conference



Israeli Prime Minister Benjamin Netanyahu shakes hands with French Foreign Minister Jean-Marc Ayrault on Sunday. GETTY IMAGES

Prime Minister Benjamin Netanyahu told France's foreign minister on Sunday that Israel remained opposed to a French initiative for an international conference to try to revive peace talks.

Palestinians welcomed the proposal but Israel is concerned that the conference that France seeks to hold in the autumn would try to dictate terms for a peace deal.

In public remarks to his cabinet after meeting France's Jean-Marc Ayrault, Netanyahu said: "I told him the only way to advance genuine peace between us and the Palestinians is through direct negotiations between us and them, without preconditions."

Israel made the same argument in the formal response it gave last month. France hopes an international conference would set out a framework for peace negotiations, after U.S. efforts to broker a two-state deal collapsed in April 2014.

"I know that Netanyahu does not agree [to the French proposal]," Ayrault told reporters after his talks with the Israeli leader in Jerusalem and a meeting with Palestinian President Mahmoud Abbas in the occupied West Bank.

Ayrault said France would continue to pursue the initiative and that its goal was for both sides to return to direct talks, with international intervention laying the groundwork.

"It is very clear to us, and I said this today to both the prime minister and to President Abbas, that we cannot take the place of the two parties," he said at Tel Aviv's Ben-Gurion airport at the end of a one-day visit to promote the plan.

"Only they can conduct direct negotiations to achieve a solution," Ayrault said. "But because things are currently stuck ... external intervention is necessary to provide renewed momentum."

REUTERS

BRIEF

Dozens arrested in Washington state environmental protest

Dozens of people were arrested in Washington state on Sunday, two days after protesters set up a blockade on railroad tracks leading to a pair of oil refineries as part of a global protest over dependence on fossil fuels, authorities said.

The protesters, camping out on BNSF Railway tracks at Anacortes, Washington, about

70 miles north of Seattle, refused police orders to disperse, said Katie McCulloch, a spokesman for the Skagit County Department of Emergency Management.

All of the 52 protesters under arrest were charged with trespassing, while one person was also charged with resisting arrest, according to a statement on the department's website. No injuries were reported.

Billed as Break Free 2016, the protests on six continents

are part of a 12-day campaign to call attention to climate change and to demand a transition to clean energy, according to the organization's website.

"Break Free is about pressuring the system so we get the change we need, but it's also about imagining an alternative," said Ahmed Gaya, an organizer for Break Free Pacific Northwest.

About 150 people began demonstrating on Friday night in Anacortes on tracks leading to

Tesoro Corp and Royal Dutch Shell refineries. Tesoro spokeswoman Destin Singleton said operations at the refinery were not affected.

The protesters had about 40 tents on the rail property, said BNSF spokesman Gus Melonas. The rail line was shut down during the protests but reopened on Sunday, he said.

Law enforcement officers and BNSF railway police went on to the tracks to remove the protesters, Melonas said. REUTERS

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BRIEF

Woman found dead in Staten Island home in possible murder-suicide

A woman was found dead in the basement of her Staten Island home Saturday night, possibly killed by her estranged husband before he took his own life, police said.

Police responded to a call around 10:30 p.m. and discovered Iwona Pawliszun, 43, unresponsive with a laceration to her neck at her home on Buffalo Street in Bay Terrace.

EMS responded to the scene

and pronounced the woman dead.

In Poughkeepsie, New York, police found the body of Pawliszun's estranged husband, who died from an apparent self-inflicted gunshot wound, according to NY1.

Police are looking at this incident as a possible murder-suicide.

According to CBS2, neighbors said they saw a man leaving the house Friday night.

The investigation is ongoing.

LENYON WHITAKER

Suspicious package found during Premier League match in England



Security checks are made at Old Trafford in Manchester, England. GETTY IMAGES

A bomb disposal team carried out a controlled explosion on a suspect device — later described as not viable — inside Manchester United's stadium on Sunday after the club's English Premier League match against Bournemouth was abandoned.

Two of the Old Trafford stands were evacuated about 20 minutes before the scheduled kickoff at 2 p.m. GMT on discovery of the suspicious package. Soon after, the game was called off and the whole 75,000-seater stadium cleared.

Police investigated the package and used sniffer dogs to search the area, before calling in an army bomb disposal unit. TV footage showed fire engines arriving at the stadium.

"Bomb disposal experts carried out controlled explosion at Old Trafford on what is

described as incredibly lifelike explosive device," Greater Manchester Police said later on Twitter.

"Full assessment now concluded and found device wasn't viable. A full search of the stadium is ongoing."

On Wednesday Britain raised the threat level from dissident Northern Ireland militants to "substantial," meaning an attack on the British mainland is considered a

strong possibility.

Manchester United said in a statement on its website the package had been found in the North West Quadrant, and the match abandoned on police advice.

"We don't make these decisions lightly and we have done this today to ensure the safety of all those attending," Assistant Chief Constable John O'Hare said in a statement.

United cannot qualify for next season's Champions League, after Manchester City drew at Swansea City on Sunday. They are sixth in the Premier League table and would move above Southampton into fifth with a draw or victory against Bournemouth.

They play Crystal Palace in the FA Cup final on Saturday and it is not clear when a rescheduled game against Bournemouth, its final Premier League match of the season, will be played.

In a statement posted on Twitter, the Premier League said it would seek to rearrange the fixture "as soon as practically possible."

"When it comes to matters of security it is obviously right that Manchester United and the Premier League place the safety of supporters and employees foremost," it said. REUTERS

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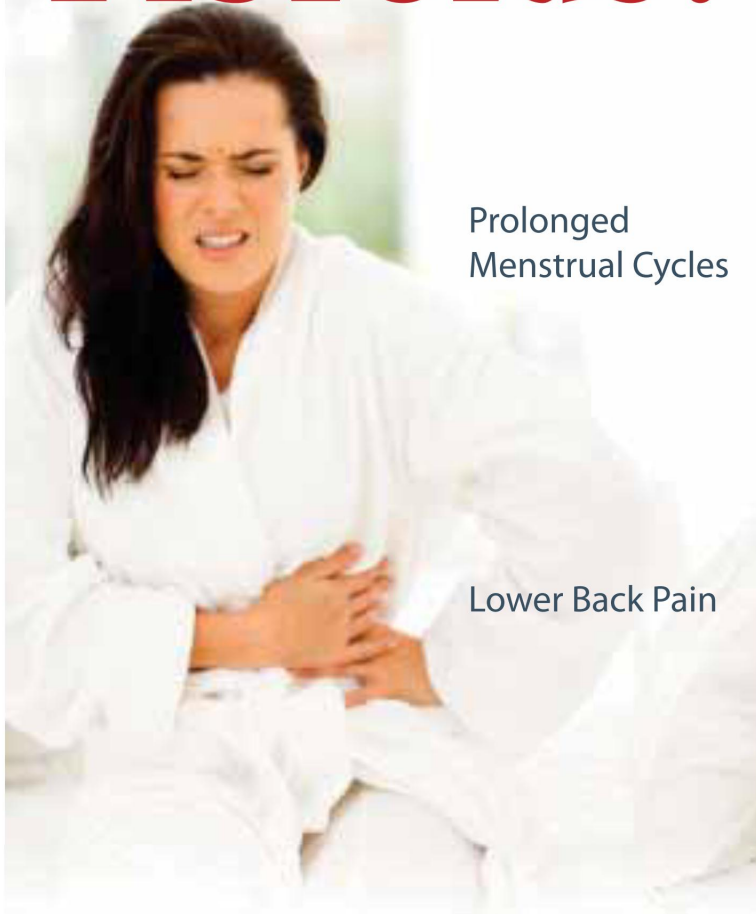
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Facebook's CEO to meet conservatives on political bias flap

Facebook came under fire last week when an unnamed former employee told website Gizmodo that workers often omitted conservative political stories from the company's "trending" list of topics.

Facebook Chief Executive Mark Zuckerberg will meet this week with prominent conservatives in the media, a spokesman said on Sunday, to address allegations of political bias at the popular social networking site.

Some 12 "conservative thought leaders" will join the meeting with Zuckerberg on Wednesday, a Facebook spokesman said.

Among the invitees are media personality Glenn Beck, Fox News Channel's "The Five" co-host Dana Perino and Zac Moffatt, co-founder of Targeted Victory, a technology company that aims to bring transparency to media buying.

Zuckerberg said Facebook has "found no evidence that this report is true," but would continue to investigate. A U.S. Senate committee has also opened an inquiry into Facebook's practices.

Beck, a former Fox News host, took to Facebook early Sunday to say he is going to the meeting in Menlo Park, California, and "it would be interesting to look him [Zuckerberg] in the eye as he explains."

"While they are a private business and I sup-



Mark Zuckerberg GETTY IMAGES

port their right to run it any way they desire without government interference," Beck said, "it would be wonderful if a tool like face book [sic] INDEPENDENTLY CHOSE to hold up Freedom of speech and freedom of association as a corporate principle."

On Friday, Facebook outlined its "Trending Topics" guidelines in its media relations section and stated that reviewers are neither allowed nor advised to discriminate against sources. REUTERS

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Sunday Times: Russian sports minister apologizes over doping, pleads for Rio entry

Russian Sports Minister Vitaly Mutko has issued a plea for Russia's athletes to be allowed to compete in the Rio de Janeiro Olympic Games and apologized for the "deceptive" sportsmen caught doping in the past in an article he wrote for Britain's Sunday Times.

With less than three months before the Rio Games open in August, Moscow is seeking to have a global ban overturned to allow its track and field athletes to compete.

The All-Russia Athletic Federation (ARAF) was suspended from the International Association of Athletics Federations (IAAF) after several high-profile Russian athletes were caught red-handed in using banned performance-enhanced substances.

"Serious mistakes have



Russian Sports Minister Vitaly Mutko
GETTY IMAGES

been made by the federation management, along with athletes and coaches ... We are ashamed of them," Mutko said in his strongest comments over the doping scandal.

"We are very sorry that athletes who tried to deceive us, and the world, were not caught sooner. We are very sorry because Russia is committed to

upholding the highest standards in sport and is opposed to anything that threatens the Olympic values."

Russia, second behind the United States in the athletics medal table at the 2012 London Olympics, is banned from all athletics after an independent commission of the World Anti-Doping Agency (WADA) revealed widespread doping.

WADA President Craig Reedie told BBC radio in an interview on Saturday that it was "highly unlikely" that Russia's anti-doping authority would be declared compliant with world sports rules in time for Rio.

Russia has to convince the IAAF that it has put in place measures to show improvement in its anti-doping operation and a "change of culture."

REUTERS

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment of cancer," noted the clinic director at the Downtown Medical in New York City. *"The same holds true for treating knee arthritis pain. I believe we are having so much success at Downtown Medical because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible."*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatments is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

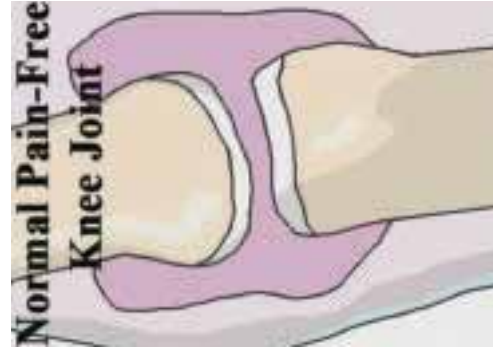
The director, believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at Downtown Medical use advanced imaging technology called a "C-Arm."

A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imaging and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."



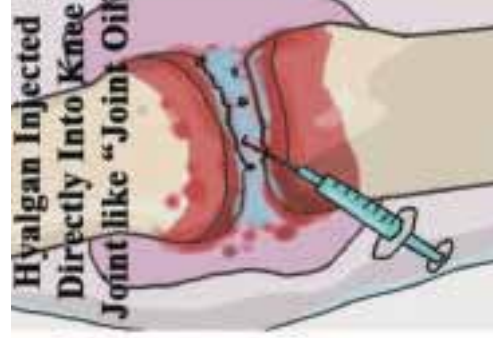
Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



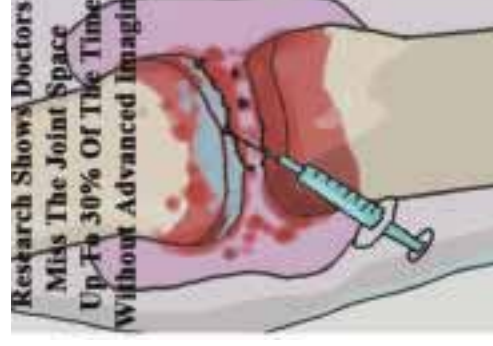
Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.



Failed Treatment - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to Downtown Medical New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even IF You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low dose video fluoroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without fluoroscopy miss the joint up to 30% of the time." said the director of Arthritis Treatment at Downtown Medical.

Downtown Medical is a state of the art medical facility offering only the best technology.

And that's not all - Downtown Medical has a complete knee relief program called "P.A.C.E." to make sure you get the most pain relief and the best possible results from treatment.

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It is amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries." added the director.

How To Get I

If you have knee pain, the director would like to invite you for a no obligation screening to see if you are a candidate for Hyalgan treatments and the P.A.C.E program.

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Advanced Medical Technology Can Make All The Difference: This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. Downtown Medical uses this C-arm for every Hyalgan treatment.

If You Can Answer Yes - You Are Eligible For A Knee Arthritis Screening With The Experts At Downtown Medical

- ▶ **Do you have pain and osteoarthritis (arthritis) of the knee?**
- ▶ **Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?**
- ▶ **Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give Downtown Medical a call and schedule your no obligation knee pain screening 800-227-KNEE (5633).

**Downtown NYC Medical
65 Broadway, NYC**

Med. Director: Gazelle Craig, D.O

Mariah Carey displays classic Mariah Carey behavior

That's our Mariah! Infamous diva Mariah Carey was up to her old tricks at the GLAAD Media Awards this weekend, where she was honored with a prestigious award. According to Radar Online, her outrageous behavior included showing up one and a half hours late because "the red carpet had to be clear of all other celebrities," a source says. But once it was appropriately clear, she wasn't done with her demands. "She told a reporter that they had to move the camera to catch her 'good side,'" the source adds. Now, that doesn't seem right. I can't imagine Carey considering any side of her not good.



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the word

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Ruby Rose gets rowdy in New Orleans

"Orange is the New Black" star Ruby Rose got herself kicked out of a New Orleans restaurant after her method of registering her displeasure at the speed of service didn't go over too well. Oddly, restaurant workers aren't the biggest fans of having french fries chucked at them

while on the job. Weird, right? "She was



having a tantrum. She was awful," the owner of the Rebellion Bar and Urban Kitchen tells NOLA.com. "She was a horrible person." Rose and friends were apparently seated at the bar and were not happy about how long it was taking for their food and drinks to arrive, so she

chucked some fries at a passing bartender. "He thought maybe it was an accident, so he came back and he asked, 'Is everything OK?' And she picked up a handful of french fries and threw them at him," the owner explained. "I think she was like ... trying to be a bully."

DAILY VIDEO



@THEELLENSHOW/YOUTUBE

Kit Harington dishes on love life

We finally know something. "Game of Thrones" star Kit Harington and his girlfriend, former co-star Rose Leslie, have generally been press shy about their romance, but I guess now that Harington's character — spoiler alert! — has been brought back from the dead, he's ginned up some more publicity. He told Vogue Italia about why filming Season 2 in Iceland was his favorite experience. "Because the country is beautiful, because the



Northern Lights are magical, and because it was there that I fell in love," he said. "If you're already attracted to someone and then they play your love interest ... it becomes very easy to fall in love."

That time J.Law tried to dance her way into 'Star Wars'

Maybe you've forgotten about how Jennifer Lawrence is your adorably awkward best friend hidden inside a beautiful Oscar-winning movie star, but luckily she has a brand new anecdote to remind you. Lawrence told Graham Norton during a visit to his talk show about the time she was at an event and spotted a table that included J.J. Abrams and Harrison Ford. "I was like, 'Be right back guys, I'm going to say hi to



the "Star Wars" dudes," she says, describing how she approached their table and began dancing super-awkwardly. Which apparently didn't go over so well. "The whole table was just like [dumbfounded]. And so I realized while I was dancing, they had no idea who I am. So I turned around and walked back," she says, adding that she "humiliated myself more than I ever have before." Well, for now, at least.

Ellen makes 'Lemonade'

Sure, "Lemonade" was great, but maybe you weren't watching closely and missed the Ellen DeGeneres cameo. In case you did, the talk show host has this clip of her just chilling in an El Camino while Beyonce

sings "Hold Up" and strolls down the sidewalk. "I think she hates cars," DeGeneres observes on the phone. "Becky, I'm going to have to call you back. But I do love what you're doing with your hair. It looks great." Speaking of Becky, keep watching for a very surprising cameo.

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Jack O'Connell wants to do Hollywood his way

The star of "Unbroken" gets to show off his range in Jodie Foster's thriller "Money Monster."



MATT PRIGGE
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matt.prigge@metro.us

Jack O'Connell is a fan of New York but not so much Wall Street. He doesn't mean all the greed monsters down there, though they don't come off well in his new film, which is in fact called "Money Monster." The English actor refers to how the combination of high traffic and the narrowing tail of the island can actually be dangerous when someone is in need of ambulances and fire trucks, which he noticed while filming there.

"You'd see these emergency services forced to cut through the streets we blocked off, fire trucks taking a U-turn, having a nosy," O'Connell says, dropping in some homeland slang. "It was slightly disturbing."

"Money Monster" is O'Connell's second big Hollywood movie, after a series of electric turns in movies back home. He scored raves as a rage machine in the prison drama "Starred Up." The same goes for his more reserved, panicked performance as a soldier fighting to stay alive in the IRA thriller "71." The actor was promising enough that Angelina



GETTY IMAGES



Jack O'Connell plays a regular Joe who takes the star of a hit money show (George Clooney) hostage in Jodie Foster's "Money Monster." ATSUSHI NISHIJIMA

Jolie took a chance, casting the relative unknown as Olympiad-turned-POW Louis Zamperini in her hit biopic "Unbroken."

That role — strong yet sensitive — is quite different from O'Connell's early work, which saw him typecast as aggro delinquents, in films like "This Is England" (as a skinhead) and the show "Skins" (as keyed-up James Cook). Just as he's been trying to stay well-behaved, following a youth spent being self-destructive on the off-hours, O'Connell is adamant about stretching his legs.

"My respect for actors comes when I see them really pushing themselves and performing out of their comfort zones," O'Connell says. "I admire character actors. Speaking selfishly, I consider myself quite observant. Ideally I'd like to establish myself as someone who can be unique and change my strengths."

"Money Monster" — which finds him directed by another actress-turned-film-maker, Jodie Foster — is another angry role: He plays Kyle, a working-class New Yorker who's lost all his money on a stock recommendation from George Clooney's Lee Gates, a Jim Cramer-type

with his own popular (and often reckless) investment show. Kyle is so desperate he crashes a live show, armed with a gun and bombs, wanting to expose corruption on Wall Street. For O'Connell it meant spending most of the shoot frazzled and shout-y, though also vulnerable — a regular guy in way over his head.

"Kyle enters the movie with a lot of energy. He's coming from a desperate place. I had to stay true to that vocally, to get to a place where I felt I could improvise with a foreign dialect," he says, referring to his very thick Central England accent. (He's from Derby.) "That was a huge challenge, because the movie required a bit of freedom and spontaneity in places."

"There's a difference between impersonating as an actor and trying to do something that feels lived-in," he says. "I won't settle for anything less than the latter there."

O'Connell earned a lot of acclaim for "Unbroken," which went on to be one of 2014's highest grossers. To American viewers — and Hollywood execs — he was still a newbie, despite his long CV in the U.K. What kinds of films was he being offered right after?

"Typically the roles you really want aren't the ones you get offered," O'Connell says. "People would offer you obvious choices that aren't risky in terms of casting. When I reflect on my body of

work, it's going to have to be diverse and interesting. And those opportunities aren't easy to come by. It can still be a little frustrating — but if it's worth doing it's not going to be easy, is it?"

Would you like to study the Bible — seriously?

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2 Timothy 2:15

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Dapper dudes are back

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TINA CHADHA
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Listen up, guys: There are more options for you than the standard black suit.

"We're seeing a lot of color especially in the lavender family for men. Anything in blue — but more of a green blue, that teal feeling is coming on strong," says Tom Kearnan, fashion director at Indochino, about the season's big trends. The hip and affordable made-to-measure suiting brand — prices for a custom suit start at \$499 and the whole process can be done online — recently launched its summer collection of bright styles and sharp checks, and is also seeing an uptick in accessories in the men's market. Items such as pocket squares "can be a huge conversation starter," he says.

However, if you're a groom-to-be shopping for your big day, Kearnan says the gray in Indochino's Essential collection is the



Suit Up Wedding

To take part in the program, the groom and his groomsmen have to schedule an appointment at the Indochino showroom.

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Here's how to stand out at your next summer wedding. **PROVIDED**

most in-demand.

"The groom and the groomsmen are still the backup dancers to the bride," he says. "But a gray suit is such a chameleon — it can take on any color. So any theme around the floral arrangements or bridesmaids dresses can easily be played around it."

But that doesn't mean the bride and her ladies have all the fun. At Indochino, wedding parties

can customize almost every detail of their suit, from the lapel size to jacket lining (retro hula girls, anyone?) to personalized monogramming.

And if a groom has four or more groomsmen fit by Indochino, the brand's Suit Up Weddings initiative will offer the main man his suit free. Did someone just free up the wedding budget for more booze?

For the not-basic bride

Designer and reality TV darling Christian Siriano cut his teeth creating bridal gowns before dazzling us with his sassy quips and larger-than-life glamour on "Project Runway."

The 30-year-old, who counts Sarah Jessica Parker, Rihanna and Jennifer Lopez as fans, and has been creating one-of-a-kind bridal gowns for friends and customers by request, recently launched an official collection for Kleinfeld Bridal.

The 27-piece line ranges from \$3,000 to \$19,000 and is available in sizes from petite to plus.

We caught up with Siriano before

his debut runway show.

What's a bridal trend that drives you crazy?

I'm not a huge fan of the overly sexy bride. You can be really sexy and beau-

tiful and still be covered. I've also never been a big fan of mesh cut outs everywhere — I think that's weird for a wedding when grandma's there.

Who's wedding wowed you?

I was a huge fan of when Gwen Stefani got married. I loved her ombre dress. Some dresses that just stick in your mind.

What's your current favorite look for a bride?

We have a suit in the collection that is actually my favorite piece.

Do you think brides should change after a ceremony?

I like a party dress. They should do first dance in their dress and then change to get wild.

"We have a really soft ballerina pink and then a really colorful one, just to throw a wild card."

Christian Siriano

ALL PHOTOS
DAN LECCA

TINA CHADHA

Everyone will need to learn how to code

A new fellowship at The Flatiron School gives foreign-born New Yorkers a chance to gain web and mobile development skills.

ALIZAH SALARIO
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alizabeth.salarior@metro.us

Computer programmers aren't typically associated with breakdancing, origami or yoga.

But these are the type of activities programmers-in-training do at Manhattan's Flatiron School — and it's all for the sake of cultivating collaboration and improving upon their mobile and web development skills.

The Flatiron School's 12-week computer coding courses are designed for people of all ages and levels of education who want professional training and career development coaching.

"We don't look at your GPA or SAT scores or your work experience. The main thing we look for is passion. Anybody could do it [coding], but it's hard. It's a really intense program, but they [students] have to be really committed," says Flatiron cofounder Adam Enbar, who launched the company in 2012.

In partnership with New York City's Tech Talent Pipeline initiative, Flatiron recently announced a 22-week fellowship starting in June for foreign-born New Yorkers who are authorized to work in the U.S. The 36 fellowship recipients must also have no prior professional web or mobile developer experience, and earn less than \$50,000 a year.

An existing web development fellowship open to all New Yorkers has helped about 130 graduates secure jobs in web and mobile development at companies like

The New York Times, Kickstarter and Etsy.

One of those graduates is Natacha Springer, a former scientist and product manager with a master's degree in biotech engineering. Springer had a hard time finding a job after taking time off to raise her two children.

"People really had a negative view of taking a break to raise your kids, especially in the city," says Springer. "I got a couple offers, but they were at entry-level positions. So I figured if I were to re-enter at an entry-level position, I might as well do something completely different."

Springer decided to apply for a fellowship at Flatiron and was accepted.

"Every day you have to push yourself, you have to be uncomfortable. If you make a mistake there's



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HOW TO GET AHEAD

being later in life, in my late 30s, so that was extremely rewarding."

Springer now works at Kickstarter as a cloud-operations engineer. She's on an 80 percent schedule, which allows her to spend one day a week at home with her kids.

Enbar is firm in his belief that anyone can learn to code — and in the near future, they may have to. "Realistically, 10

years from now, it's not going to be possible to be a journalist if you can't visualize data on the web, or to be a marketer if you can't build a web page," he says. "In the same way that reading and writing is a critical part of any job — not just for people who write professionally — technology is becoming a fundamental part of every job, in every industry."

For more information: <http://flatironschool.com/nycfellowship>



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Life hacks for first-time job seekers

Because looking for a job is a job in itself.



ALIZAH SALARIO
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First-time job seekers face a classic employment Catch-22: You need experience to qualify for most jobs, but how do you get experience if you can't qualify for a job? Newbies, don't fret. Everyone started somewhere. Here are a few hacks to make an inherently stressful process easier.

Problem: You have nothing to wear to an interview

Solution: Wardrobe starter kits from Of Mercer

In theory, putting together a fabulous outfit for an interview is no sweat. In practice, the word "outfit" makes you break out in hives.

If you don't have money to invest in a full work wardrobe (and why would you? You don't have a job) consider one of Of Mercer's three starter kits at escalating price points: The Intern, The



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Problem: You hate looking for a job

Solution: Apps with easy access

The job search requires multiple applications, sometimes over a long period of time. Want to streamline the process and apply for multiple openings at once? There's an app for that — actually, there are lots of them.

If you're still in school, LinkedIn students might be the way to go. There are also tons of apps like Switch, JobSnap and Jobr that mirror Tinder's approach and allow job seekers to connect directly with employers.

Problem: You don't meet all the job requirements

Solution: Cram with web tutorials

Job specs that read like short stories are not uncommon: Are you a self-starter who knows how to problem solve, code, create spreadsheets, speak Mandarin and make espresso?

You're not going to meet all the qualifications for every job, but you can try.

One way to keep a competitive edge is by signing up for MOOCs (massive open online courses).

These are generally free, credit-less and online only. Want to learn how to code? Use graphic design software? Earn your human resources certification? There's a MOOC for that.

The downside? No face time. The upside? Online classmates you can ping for help.

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Facing your interview fears

Understanding the subtext of these classic questions can put you more at ease.



ALIZAH SALARIO
@Alirosa
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Acing an interview requires preparation and confidence. This we know. So why are interviews so daunting?

"People often leave [interviews] feeling like they weren't prepared, or as though they didn't come off in the best light," says James Reed, the chairman of the U.K.-based recruitment firm Reed and the author of "Why You?: 101 Job Interview Questions You'll Never Fear Again."

Reed says decades of working with recruiters taught him to identify classic interview questions — and the intentions behind them. In his book, Reed identifies 15 classic questions. He helped analyze three of them here:

1 "Tell me about yourself"

Hands down, this is the most common question

recruiters will ask. "It's a big, open question, and on the face of it, it's not a threatening question. But what it does is it separates the people who have prepared from the people who have not," says Reed. "The real question is, 'Who do you think you are, and do you know what to leave in and what to leave out?'"

Reed suggests keeping the answer 90 percent professional and 10 percent personal. It should be thought through beforehand, and structured as a "short, sort of pithy, memorable answer."

2 "What are your weaknesses?"

Warning: This is not an opportunity to divulge your deepest neuroses.

Instead, says Reed, "in answering this question, you can reflect on what you have to bring in a more sensible way. The important thing is to level with the interviewer. I've had people say things like 'chocolate,' but I wouldn't recommend that because it doesn't carry the conversation forward."

Reed suggests thinking of weaknesses as "the flipside of strengths."

"If I were to answer, I would say I was impatient. Which can be a strength if you're trying to get things done, but if you're involved in a negotiation, it's certainly a weakness. It's about having a degree of self-awareness," says Reed.

3 "Why do you want to work here?"

This seems like an ego-stroking question that gives you an opening to gush about how much you want the job. But it's not about you.

"A lot of people forget a job is a problem to be solved. You should be thinking about how you get the job done."

First, says Reed, make sure you've done your research. Then get specific by "reflecting the job spec in every aspect of your answer."

Remember, an interview is a two-way street. Says Reed, "As much as they want to find the right person, you want to find the right job."



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Even with Hackenberg waiting in the wings, the Jets need Fitzpatrick back

The Jets could have the quarterback of the future sewn up but their present is still murky.

TONY WILLIAMS
@TBone8
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The Jets addressed some of their needs via free agency and the draft, but there's still one obvious position that needs resolution.

While drafting former Penn State star Christian Hackenberg makes it seem the team has found its quarterback of the future, it really does nothing for the present — especially since many draft pundits thought it was a reach and dicey to draft a guy in the second round with some red flags.

Hackenberg's lack of accuracy at the collegiate

level has been well documented — not to mention his shaky interview process during the scouting combine. But for the Jets, a team starving for a legitimate long-term franchise quarterback, they obviously saw more pros than cons in making the rookie the 51st selection.

Teammates have been impressed with Hackenberg's natural arm ability and personality so far. But in private moments, veterans have to be pinning for the return of Ryan Fitzpatrick. The journeyman signal caller is coming off a career season and was one win away from clinching a playoff berth, last season. Granted, it was Fitzpatrick's poor performance in the season finale in Buffalo that kept the Jets from qualifying for the postseason, but for a majority of the year, he was great for Gang Green.



Ryan Fitzpatrick's career year in 2015 had New York one win from a playoff berth. GETTY IMAGES

Fitzpatrick's two biggest fans, wideouts Brandon Marshall and Eric Decker, have said all the right things about the rookie quarterback, as well as votes of confidence in holdovers Geno Smith and Bryce Petty.

But ultimately they know Fitzpatrick gives them the best chance to win and is the best fit right now.

Marshall has tried to publicly play it cool any time he's asked about the quarterback quagmire. He recently said he was

proud of Smith and Petty and has been encouraged in witnessing their offseason workouts. He understands the business side of the NFL and has often said he's hopeful that his "great leader" Fitzpatrick will eventually get a deal

done, but insists the team will be OK if a reunion doesn't occur.

Decker is a guy who's seen what inconsistent quarterback play can do to a budding playoff contender during his days in Denver, so he admitted he's still surprised that the team drafted yet another quarterback project so high.

The two receivers will get the chance to practice with Hackenberg later this month. And when that happens, they'll get to see firsthand if the Jets will truly be OK starting the season without Fitzpatrick. Or if they'll really be confident going with either a young veteran who Jets fans likely don't want to see starting opening day, an unproven second-year player with still so much work to do, or the rookie quarterback who many thought was a reach in the draft.

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NYQUIST LOOKS LIKE A TRIPLE CROWN WINNER

It is a beautiful sport that features breathtakingly gorgeous equines that are fast, powerful and, unfortunately, very brittle.

I am a realist and I totally understand that the sport I grew up loving, coming from a racing family, grabs the attention of the nation about five weeks per year. It starts on the first Saturday in May and it ends five weeks later in early June at Belmont Park.

Growing up around the track, you knew the Triple Crown winners: Sir Barton, Gallant Fox, Omaha, War Admiral, Whirlaway, Count Fleet, Assault, Citation, Seattle Slew, Affirmed and the greatest of them all, Secretariat. In my bedroom at home, along with posters of John Riggins and Don Mattingly, I had a framed picture of a painting of all 11 winners with their respective jockeys.

The sport of horse racing is coming off a year in which American Pharoah captured the imagination of this country. Owned by the Zayat Stables, trained by Bob Baffert and ridden by Victor Espinoza, the 3-year-old had a spring for the ages in 2015 as he won the Triple Crown for the first time in 37 years. Later in the fall at Keeneland Racecourse, he won

the Breeders' Cup Classic to complete what is now being called the "Grand Slam."

It was an exciting time in the sport as I have never heard Belmont Park louder on that Saturday in June when he completed the Triple Crown. Now, do we have another?

Well, in the Kentucky Derby winner Nyquist, we have an undefeated 3-year-old. It is just the eighth time in the 142-year history of the Derby that they have had an undefeated winner.

Last year, as the nation focused their attention on American Pharoah, Nyquist was doing his thing as a 2-year-old as he completed his season with a victory in the Breeders' Cup Juvenile in Kentucky and was crowned 2-year-old champion.

When a streak is broken, like the 37-year Triple Crown drought, there is always a hangover the following season when somebody is attempting a similar feat the following season. So, that was the case leading into the Kentucky Derby as there was a perceived lack of buzz in the Run for the Roses.

Nyquist took care of that with a brilliant performance that was even more impressive than last year's victory by American Pharoah. He sat off a

MARC MALUSIS

OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio.
@marcmalusis



very quick pace for a 1 1/4-mile race and was able to outfinish Gun Runner and hold off Exaggerator in a time of 2:01.3. It was a very impressive performance as the son of Uncle Mo also answered all the doubters about a possible distance limitation.

So here we are, the week of the Preakness, down at Pimlico Race Course in Baltimore, Mary-



Nyquist has a good chance at following in American Pharoah's footsteps this spring. GETTY IMAGES

land. It is a 1 3/16-mile test that will feature some new shooters in Cherry Wine, Uncle Lino, Collected and Stradivari, but I just don't see anything changing this Saturday as compared to what we saw in Louisville.

The sport has had only two back-to-back Triple Crown winners and that was Seattle Slew and Affirmed in '77 and '78, respectively. Could we be looking at a repeat of history this year? I think we could be because unless Nyquist regresses in the Preakness, there is no reason to believe that he will not arrive at Belmont Park with a chance to win the Triple Crown.

He has shown the ability to run on or just off the lead and has gotten faster as he has matured. He made the Derby

"boring" with the way that he finished and how he put away the other 19 3-year-olds that were part of the race. His human connections, owner J. Paul Reddam, trainer Doug O'Neill and jockey Mario Gutierrez have been here before in 2012 with I'll Have Another. They also have known disappointment as they had top scratch I'll Have Another the day before the Belmont Stakes due to tendonitis and was retired.

So when Doug O'Neill says that he has "goosebumps" watching Nyquist jog at Pimlico, then you should believe him. He has shown to be nothing short of special. All he has done is win all eight times that he's been sent to the track to race.

This Saturday, the spotlight

will be on him and it should be. He will and should not be in the shadow on American Pharoah. For a sport that is desperate for attention, it looks like they have another special 3-year-old in Nyquist.

He was named after Detroit Red Wing winger Gustav Nyquist as Reddam is a huge Wings fan. The more he wins, the more familiar you will become with his backstory. O'Neill says Nyquist is the best horse that he has ever been around.

Nyquist has not known defeat. All he has done is win since he started racing and I don't expect anything different on Saturday. Will he become the 13th Triple Crown winner in history? Only time will tell as he'll put it on the line once again in the Preakness.

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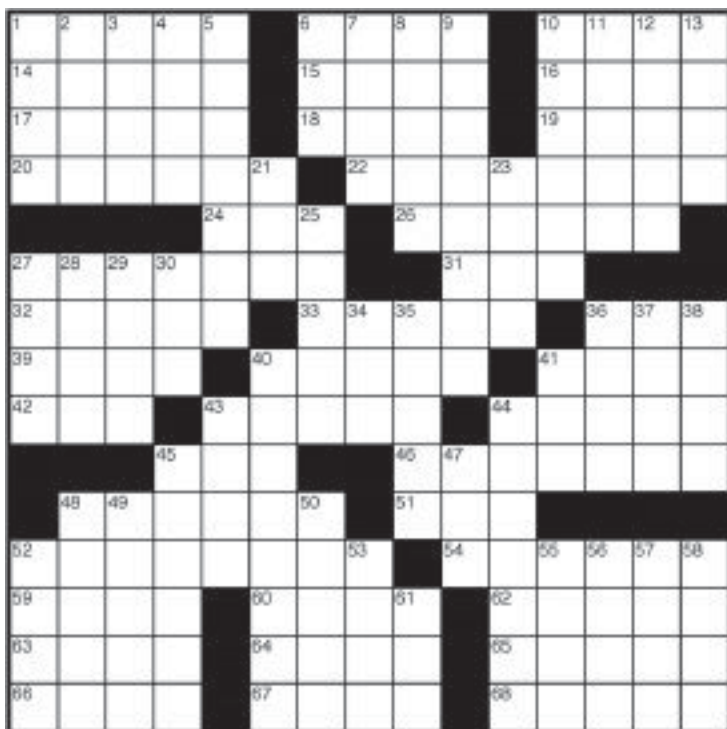
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Across

- 1 Rodeo mount
- 6 Luggage fastener
- 10 Crazy captain
- 14 Bard's teen
- 15 A single time
- 16 Maroon-robe wearer
- 17 Girder (2 wds.)
- 18 Coup d'—
- 19 Hieroglyphics bird
- 20 Literary types
- 22 Not moving much
- 24 Instant grass
- 26 Oxygen producers
- 27 Trickle
- 31 Morning hrs.
- 32 Kind of race
- 33 Like Crusoe before Friday
- 36 Nagano honorific
- 39 Call for
- 40 Weather system
- 41 Casanova type
- 42 Authorizes
- 43 Jingles and haiku
- 44 Ruminates
- 45 Always, to a bard
- 46 Hook fastener
- 48 Cope
- 51 Egyptian boy-king
- 52 Purse item
- 54 Wildflower habitat
- 59 Freedom org.
- 60 Vast emptiness

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/games

- 62 Tara's owner
- 63 Authentic
- 64 She, in Seville
- 65 Brought back a movie
- 66 Cartwright son
- 67 Thrill, slangily
- 68 Process ore

Down

- 1 Admiral's jail
- 2 Night attire
- 3 Shaman's quest
- 4 Within reach
- 5 Drops in (2 wds.)
- 6 Shed tool
- 7 Aardvark's diet
- 8 Cut too short
- 9 Sulky

- 10 Adjusts, as tires
- 11 Sister's clothes
- 12 Not quite right
- 13 Some party!
- 21 Earth's star
- 23 Plucky
- 25 "The Wreck of the Mary —"
- 27 Early 007 foe (2 wds.)
- 28 Give off fumes
- 29 Seine moorages
- 30 Wretched
- 34 Herbert of "The Pink Panther" franchise
- 35 Start
- 36 Fair (hyph.)
- 37 Novelist Jean —
- 38 Tree house?
- 40 Buries the hatchet
- 41 Cause a blister
- 43 Sphagnum moss
- 44 Shooting stars
- 45 Happens next
- 47 Ick opposite
- 48 Smaller than mini
- 49 High mark (hyph.)
- 50 Mademoiselle's school
- 52 Lattice piece
- 53 Brick baker
- 55 Polite cough
- 56 Risk it
- 57 By mouth
- 58 Have a yen for
- 61 Family man

metro.us/sudoku

easy

1		5		6	8	7	3	
	9	6			5		8	
				4		5		
						3		
	7		2	3	6		4	
		1						
		2		7				
	6		5			4	7	
	1	4	3	8		2		6

hard

8				7	6			3
		3		5				
	6	9	2					
6			8		3	2		
3		2				6		9
		8	6		1			7
					2	7	9	
				1		5		
5			3	8				6

metro.us/horoscopes



Aries A disciplined approach to learning and incorporating something new into your life will help you establish a bright future. Don't fear your opponents, and don't flee change.



Taurus Joint ventures are best avoided. You'll be misled financially. Work independently on personal goals. Romance will give you added incentive to do your best.



Gemini Your expectations will fall short. Don't overreact or take on tasks that are insurmountable. Implement change behind the scenes without calling attention to your actions.



Cancer You may need a hand tending to home improvements. Offering something in return will keep everyone happy. A celebration will bring you closer to a loved one.



Leo Take on a challenge that promises to stimulate your senses and offers a peek at new possibilities, without disrupting what you've already established.



Virgo Learn as you go in order to get twice as much accomplished. An optimistic attitude will help you drum up any assistance you require. Personal gains are attainable.

Yesterday's answers



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Libra Good luck and solid prospects will develop through encounters you make while networking. Project energy and take a direct approach when dealing with others.



Scorpio You will want to dabble in subjects and philosophies that will take you to unfamiliar territory. Someone you meet along the way will motivate you to initiate personal change.



Sagittarius Do things your way, and don't let anyone persuade you to put him or her first. Once you have everything in its place and are happy with what you've done, offer help.



Capricorn You have great ideas and the energy needed to put them in action. Personal issues and concerns can be dealt with, and changes that will enhance your looks are encouraged.



Aquarius Relationships will suffer if you let your job come between you and promises you've made someone. Enforce changes that will allow you to accommodate your responsibilities.



Pisces Reflect on days gone by and remember the people who brought you joy. Reconnecting with old friends or establishing new rules to improve a relationship will work. **EUGENIA LAST**



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